

Changeout of ACY Components

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45	FE-1	Prep for work
07:30–07:40	CDR	
07:40–07:45		PLANTS-2: payload status check
07:45–08:00		Daily planning conference (<i>S-band</i>)
08:00–08:15		Prep for work
08:15–11:15	CDR	Changeout of ACY components
08:15–08:45	FE-1	Inspection of A/L emergency lighting power sources
08:45–09:15		Inspection of LAB emergency lighting power sources
09:15–11:15		Inspection of NODE1 emergency lighting power sources
11:15–12:45		Physical exercise (RED)
	CDR	Physical exercise (TVIS-3)
12:45–13:45		LUNCH
13:45–13:55	CDR	Gas Analyzer ИК0501: CO2 filter unit R&R (with №059, ФГБ_213_1, white bag №3/246-2)
13:45–14:25	FE-1	Maintenance of COЖ
14:45–15:45		ISS crew orientation
15:45–17:05	CDR	STARMAIL: photo session 3 and image file downlink
15:45–16:45	FE-1	Physical exercise (CEVIS)
16:45–17:15		TV procedure update
17:05–17:10	CDR	HEMATOCRIT: setup
17:15–18:15		Physical exercise (VELO+Load Trainer-1 / day 3)
17:25–17:35	FE-1	ISS7 daily payload status
17:35–18:15		IMS file prep
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US procedures

End of radiogram